# My push-ups

**I'm doing this for:** _____

**When:** _____
The card's cue: you finish a morning work block

**My version:** _____
Wall, counter or another fixed surface

**My amount:** _____
How many in one go. One counts. The card suggests five.

Use a wall or fixed counter. Hands shoulder-width, body straight: bend elbows to lower toward it, then press away.

**ONE BOX PER GO**

╳ I did my amount. / I did fewer. Write how many in the box.

| | | | | |
|---|---|---|---|---|
| 1 | 2 | 3 | 4 | 5 |
| 6 | 7 | 8 | 9 | 10 |
| 11 | 12 | 13 | 14 | 15 |
| 16 | 17 | 18 | 19 | 20 |

Missed a go? Leave it. Every box stays.

Want a total? ╳ boxes × my amount, plus the numbers in the / boxes = _____ push-ups

**Use a fixed surface and clear floor. Stop for pain or feeling unwell.**

**Ready for more? Add a habit, a multiplier or a Challenge.**
Sheet full? Print another. Getting easy? Try a lower stable surface, if the movement stays controlled.
habitsets.com/go/gf